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# BIROCA QUARTERLY

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**Spring Issue**

*Birch Rock Camp Community Newsletter*

**2007**

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## **The Family Guide & Forms**

Dear Birch Rock Families,

Birch Rock has forwarded to you our **Family Guide** Package in April. We know this guide along with the enclosed forms will help you and the BRC Community prepare for the upcoming season. Please take some time to read and review the **Family Guide** with your Birch Rock Camper prior to his arrival to camp. **We ask that these forms be returned to Birch Rock by no later than June 15<sup>th</sup>**. These forms will help our staff better understand your camper as we train and orient ourselves prior to opening day. If you have any questions, please contact us at (207) 583-4478 or [birchrock@aol.com](mailto:birchrock@aol.com).

*Every camper must have an updated health form prior to his arrival at Birch Rock. The last page must be signed by a physician within the last 24 months.*

## **Camp Shipping Address:**

**293 McWain Hill Road**

**Waterford, Maine 04088**

Birch Rock accepts deliveries – i.e. trunks and packages via UPS and FEDEX services.

## **BRC's Mailing Address:**

**PO Box 148, Waterford, Maine 04088.**

**Phone: (207) 583 -4478**

**Fax: (207) 583 - 6086**

**Email: [birchrock@aol.com](mailto:birchrock@aol.com)**

**Web: [www.birchrock.org](http://www.birchrock.org)**



## **Maine Camp Outfitters**

We are pleased to have **Maine Camp Outfitters** as our primary Camp Store Vendor. The only necessary items for you to purchase from the catalog are the required six camp uniform shirts. **Maine Camp Outfitters** offers several great camp items with BRC's logo, and all items are 100% guaranteed. You can obtain more information on the internet at [www.maine-camp.com](http://www.maine-camp.com). The password for our camp on the site is **Birch Rock**.

Please contact us for more information @

(207) 741-2930 or [birchrock@aol.com](mailto:birchrock@aol.com).

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## **Schedule of Dates**

June 19	Staff Orientation
June 23	CIT Orientation
June 27	Opening Day 2007
<b>July 8</b>	<b>Parent Visitation Day*</b>
July 21	End of First Session
July 22	Opening Day for 2 <sup>nd</sup> Session
<b>August 5</b>	<b>Parent Visitation Day*</b>
August 14	Close of Camp
August 17	Family Camp Begins
August 21	Family Camp Ends

**\*Parent Visitation days will run  
from 11am-2:15pm**

## Preparing Children for the Summer Camp Experience

"Summer camp is more than a vacation for children," says Bruce Muchnick, Ed.D., a licensed psychologist who works extensively with day and resident camps. "As a parent, there are a few things to consider to increase the opportunity for a rewarding camp experience for your child." Suggestions include:

### Consider camp as a learning experience

This is an opportunity for your child to explore a world bigger than his/her neighborhood and a chance for you and your child to practice "letting go." Letting go allows children to develop autonomy and a stronger sense of self, make new friends, develop new social skills, learn about teamwork, be creative, and more. This time also allows parents an opportunity to take care of themselves so that they will feel refreshed when their child returns home.

### Prepare for camp together

Decisions about camp — like where to go and what to pack — should be a joint venture, keeping in mind your child's maturity. If your child feels a part of the decision-making process, his/her chances of having a positive experience will improve.

### Talk about concerns

As the first day of camp nears, some children experience uneasiness about going away. Encourage your child to talk about these feelings rather than acting on what you think his/her feelings may be. Communicate confidence in your child's ability to handle being away from home.

### Have realistic expectations

Camp, like the rest of life, has high and low points. Not every moment will be filled with wonder and excitement. Encourage your child to have a reasonable and realistic view of camp. Discuss both the ups and downs your child may experience. Your child should not feel pressured to succeed at camp, either. The main purposes of camp are to relax and have fun.

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For more help preparing for camp, check out [campparents.org](http://campparents.org).

### BRC's Staff for 2007:

Andrew Bowden	Cumberland, ME
Aidan Bozzelli	Arlington, VA
Andrew Clemence	Falmouth, ME
Matt Clifford	Brooklyn, NY
Todd Cobb	Durham, NC
Sam Deeran	Falmouth, ME
Eliot Hanger	Oxford, OH
Erik Joelsson	King of Prussia, PA
Thomas Joyce	Lakeville, CT
Charlie Knights	Hopewell, NJ
Zach Lashley	Durango, CO
Charlie MacDonald	Waterford, ME
Ryan Massey	Sedona, AZ
Chris McElroen	Yonkers, NY
Ryan McElroen	Pawling, NY
Doug Miller	New Orleans, LA
Don Munn	Waterford, ME
Mike Nordblom	Groton, MA
Sean O'Toole	Hampstead, NH
Sam Rizzotto	Albany, ME
Lang Robson	AUSTRALIA
Cathy Roland	South Paris, ME
Walter Roland	South Paris, ME
Ryan Royalty	Groton, MA
Pam Stock	Norway, ME
Mark Sutherland	Durham, NC
Alasdair Thornton	Westport, CT
Janice Walker	Waterford, ME
Sebby Weeks	Ellicott City, MD
Ruth Wilson	Otisfield, ME



## SUMMER 2007- Roster of Stars

### FULL SEASON- (June 27<sup>th</sup>-August 14<sup>th</sup>)

Adric Allie	North Waterboro, ME
Zach Bamberger	ISRAEL
Ryan Boothby	Brewer, ME
Pat Bowden	Cumberland, ME
Matt Carson	Winthrop, ME
Dimitri Cavoulacos	GREECE
Andy Churchill	Harrison, ME
Henry Cleaves	South Portland, ME
Zach Cohen	Darien, CT
Robert Donahue	Geneva, IL
Gabe Dreyer	Newton, MA
Jamie Foley	Bowdoinham, ME
*Damian Freeman	Princeton, NJ
Nate Geremia	Sherborn, MA
David Kane	Falmouth, ME
Owen Knights	Hopewell, NJ
Jeremy Lifter	New Albany, OH
Theo Lipsky	Brooklyn, NY

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Zach Lynn	New York, NY
Bruce Manning	Steelville, PA
Alex McLaughlin	Skillman, NJ
*Connor McLaughlin	Basking Ridge, NJ
Trevor McLaughlin	Skillman, NJ
Harry Netzer	Larchmont, NY
Ben Semmes	South Portland, ME
Andrew St George	Philadelphia, PA
Nolan Sullivan	Cape Elizabeth, ME
Matt Sutton	Delray Beach, FL
Jonathan Tuffy	Hanover, MA
Robert David Weeks	Ellicott City, MD
Curtis Whiting	Brooklyn, NY
Andrew Ziegler	Minneapolis, MN

### FIRST SESSION (June 27<sup>th</sup>–July 21<sup>st</sup>)

*Ben Abeles	Annapolis, MD
*Jimmy Alcibar	SPAIN
John Breggia	Scarborough, ME
*Eli Brewster	Concord, NH
Will Brewster	Concord, NH
Peter Burke	Naples, FL
Jake Cahill	Hopkinton, MA
Jay Capasso	Falmouth, ME
Alex Chapin	Concord, NH
Sam Cleaves	South Portland, ME
Jake Cohen	Darien, CT
Ben Cole	Wayland, MA
*Louis De La Bardonnie	FRANCE
*Drew Doran	Scarborough, ME
Andrew Edwards	Falmouth, ME
Matt Eisner	Hollywood, FL
*Charlie Fay	Falmouth, ME
Agustin Ferreira	ARGENTINA
Ben Foley	Bowdoinham, ME
Markus Foley	Falmouth, ME
Pablo Garcia-Landarte	SPAIN
Henry Gunderson	New York, NY
Matt Guttman	Berwyn, PA
*Kevin Hare	Cape Elizabeth, ME

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Ben Howard	Scarborough, ME
Chris Huston	Lawrenceville, NJ
Ned Jakubowski	Weston, MA
Travis Johnson	Topanga, CA
Matt Kfoury	Sanibel, FL
*Tade Kfoury	Sanibel, FL
*Patrick McLaughlin	Skillman, NJ
John Musciano	Falmouth, ME
*Alex Newman	New York, NY
*Sam Ricciardi	Watchung, NJ
Chris Rios	Weston, FL
Peter Robbins	Weston, CT
Kellen Smith	Scarborough, ME
*Zach Straight	Norwalk, CT
Nathaniel Young	Burlington, VT

### SECOND SESSION (July 22<sup>nd</sup> -August 14<sup>th</sup>)

Will Alexander	Cape Elizabeth, ME
Teddy Brown	Sherborn, MA
Chris Cogswell	Barrington, IL
Nick Cogswell	Barrington, IL
*Alexander Dowd	Evanston, IL
*Ben Duvall	Newtonville, MA
*Mason Elizondo	Westwood, MA
*Patrick Felsher	Greenbelt, MD
Dave Florence	Riverside, CT
Spaulding Goetze	Englewood, CO
Nathan Howard	Scarborough, ME
Dan Huycke	Arlington, VA
*Will Manning	Steelville, PA
Nick Ray	Cumberland, ME
Jimmy Scanlon	Cumberland, ME
Cole Schlecht	Morristown, NJ
Will Sheppard	Plymouth Meeting, PA
*Connor Sullivan	Cape Elizabeth, ME

### CUBS CAMPI (July 22<sup>nd</sup> to August 2<sup>nd</sup>)

*Curtis Alexander	Cape Elizabeth, ME
*Isaac Godsoe	New Gloucester, ME
*Joe Ingraham	Cape Elizabeth, ME

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*Nicholas Noerdlinger	York, ME
*Gage Wheeler	Meredith, NH
*Toby Young	Burlington, VT

**\*NEW CAMPERS-** We would like to welcome all the new campers to our community and 81<sup>st</sup> season.



## Counselors In Training

The following six young men will be moving into the future of BRC Leadership:

Ed Cohen	Ridgewood, NJ
Joe Cohen	Darien, CT
Eli Lipsky	Brooklyn, NY
Pierce Madden	St Petersburg, FL
Nick Martin	Cape Elizabeth, ME
Nick Rios	Weston, FL

## TUTORING

Birch Rock is proud to be able to provide tutoring during the summer. **Pam Stock and Ruth Wilson** are BRC's full-time Camp Librarians and Tutors. They share their specialized expertise with many Birch Rockers individually and in small groups on a daily basis. Many BRC families request their talents in reading remediation, basic math skills, writing, study skills, and English as a second language.



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All tutoring arrangements are to be made with Pam directly for an additional fee. Please contact Pam so she can plan the tutoring schedule. Pam's home phone number in the evening is (207) 743-6781.

## HAPPY BIRTHDAY!!!

April	5	Kellen Smith
	6	Peter Robbins
	8	Connor McLaughlin
	8	Nathaniel Young
	11	Will Manning
	21	Eli Brewster
	30	Jay Capasso

May	4	Ben Duvall
	7	Chris Huston
	10	Chris Cogswell
	13	Sam Ricciardi
	14	Andy Churchill
	18	Eli Lipsky
	19	Robert David Weeks
	20	David Kane
	20	Matt Carson
	21	Isaac Godsoe
	24	Nick Ray
	24	Jamie Foley
	25	Ed Cohen (CIT)
	26	Ben Abeles
	31	Matt Guttman

June	1	Ryan Boothby
	11	Toby Young

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28	John Breggia
28	Gage Wheeler



## Friendly & Important Reminders:

**Corresponding with your camper** – A reminder that campers are **not** allowed to make or receive phone calls except on Birthdays. We encourage correspondence through letter writing. Parents can email messages to the campers, and the messages will be handed out at mail call. There is **no** camper access to computers. Please refer to the **FAMILY GUIDE** for additional information. Cell phones are not permitted on campus.

**Health Forms** – Must be received prior to your camper's admission for the summer. If your son has had a physical examination within the last year, then an updated Health Form is all that is required for our records this season. Please feel free to speak with our Camp Nurse Cathy Roland about specific health issues about your camper.

**Treats** - In fairness to all campers, please do not send any food and/or candy treats to your camper. If you would like to provide an All Camp Treat – i.e. ice cream or Movie Night snacks, please contact Mike to arrange something on your son's behalf.

**Toiletries** – The Camp will continue to have hygiene supplies, flashlights, batteries, sun protection, bug spray ...etc. for you son in the office. All incidentals expenses will be recorded and settled by the end of each session.